

STEPS TO A HEALTHY LIFESTYLE FOR *Women*

- Eat a balanced diet rich in whole grains and at least five servings of fruits and vegetables daily
- Exercise regularly
- Control high blood pressure
- Avoid being overweight
- Stop smoking
- Use preventive services such as mammograms; pap smears; and colorectal cancer, diabetes, and high blood pressure screenings
- Get immunizations
- Wear seatbelts
- Do not indulge in drugs or other substances which could harm you
- Practice abstinence or safe sex



OFFICE OF WOMEN'S HEALTH

ALABAMA DEPARTMENT
OF PUBLIC HEALTH

For additional copies, call 334-206-5226
or download from www.adph.org/owh
or write the Alabama Department of Public Health,
Office of Women's Health
P.O. Box 303017, Montgomery, AL 36130
ADPH-CHS-Women's Health 3 - 8/05-kw

Women's HEALTH CONCERNS IN ALABAMA

Office of Women's Health Website

Go to www.adph.org/owh to learn more about the office's efforts to improve the health and well being of Alabama women. You will find a listing of meetings and events featuring women's health issues, informative health articles, contact information to receive free educational and preventive materials and more.

Alabama Department of Public Health Annual Report on Women's Health

This annual report provides an overview of the accomplishments of the office to help improve the overall health of women. The highlighted activities of the year demonstrate our commitment to improving the health of Alabama women.

Publications and Educational Material

Pamphlets, publications and fact sheets are available from ADPH programs focusing on women's health issues. Additional educational materials can be obtained by visiting the OWH website for downloadable documents or contact information for ordering.

Public and Professional Education

Staff are available for presentations to any audience interested in learning more about women's health issues and what can be done to improve the health status of Alabama women. Targeted educational programs are planned as requested. Exhibiting and educational materials are available.